



September 28-October 4, 2015
Cycle 3

Food portions at breakfast and lunch will be served as required by the Healthy Hunger-Free Kids Act of 2010.

For more information, please visit the FNS website:

<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



****Please note: Items are subject to change based on availability without prior notice****

Mon 28	Tue 29	Wed 30	Thu 1	Fri 2	Sat 3	Sun 4
WG banana loaf or WG coffee cake Pineapple Orange juice Berry greek yogurt Milk	WW bagel or WW toast Banana Apple juice Hard cooked egg Milk (cream cheese)	Mini maple pancakes or WW toast Peaches Orangerine juice Bacon Milk	WG froot loops cereal or WW toast Pears Berry juice Raspeach yogurt Milk	WW tortilla or WW toast Mandarin orange sections Fruit punch Scrambled eggs w/ potatoes Milk (salsa)		
Baked chicken or Salisbury steak Scalloped potatoes Peas and carrots Dinner roll Fruit mix Milk	WW cheese crisp Seasoned pinto beans Corn Seasonal fruit Milk (lettuce/salsa)	Orange chicken or Teriyaki beef Emperor blend vegetables Steamed brown Sidekicks BR/L Milk	WG french bread pizza or Smucker's PBJ sandwich Glazed carrot coins Seasonal fruit Milk	Roastbeef w/ grilled onions on WW bun or Hotdog on WW bun Caesar salad Sweet potato fries Mixed fruit Milk	Oven fried breaded chicken Baked potato (steamed broccoli/cheese sauce/ sour cream/bacon bits/scallions) Brownie Milk	Ravioli Cheese macaroni w/ bacon Garlic toast Orange slaw Pudding Milk
BLT or Ham & cheese on WW Green beans Corn Potato crisps Apricots Milk	Chili dog on bun or Hamburger on bun Chili fries w/ cheese sauce Mixed vegetables Cookie Milk	WG sea shape fish nuggets or WG breaded shrimp popper Seasoned twister fries Corn on the cob Ice cream sandwich Milk	Meatloaf Mashed potatoes Mixed vegetables Fruit rollup (SP) Milk	Chicken fajita Seasoned pinto beans Corn Fruit gushers Milk (lettuce/cheese/salsa)	Turkey & cheese on ciabatta bread Pasta salad Pizza stick Sherbet Milk	Beef and broccoli Steamed rice Potato salad Fortune cookie Milk



SALAD BAR

available during lunch and supper

- ♦ 1% and fat-free milk offered at every meal
- ♦ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ♦ fat-free strawberry milk may be offered occasionally

Criteria for a meal to be reimbursable:

- ⇒ **Must have 3 components (one component must be fruit or vegetable) at breakfast**
- ⇒ **Must take the fruit or vegetable component and 2 other components from 5 different components (food groupings) at lunch**

Breakfast:	6:45-7:45am Monday-Friday
Lunch:	11:30am-1:10pm Monday-Thursday
	11:30am-1:00pm Friday
Saturday & Sunday Lunch:	12:15-1:15pm
Supper:	4:30-6:00pm Monday-Thursday
	4:30-5:30pm Friday
Saturday & Sunday Supper:	4:45-5:45pm

If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to jeanne.foster@asdb.az.gov

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).